



listicle. Activities include: \* Craft with your obsolete iPhone cords \* 10 things to do outside right now \* Color in the influencer who is so grateful for you guys \* Lies the internet tells you \* Why gardening is a thing you should try When you're longing for freedom from your devices, dig out a pen and turn to the pages of this timely, entertaining book--and don't post a picture anywhere #retro.

**Thyroid and Menopause Madness**-Joni Labbe 2016-12 "Your thyroid is screaming, your adrenals are wrecked, you can't remember where you put your keys, and the only thing in your closet that fits is your shoes. But your doctor says you're FINE... Menopause sucks! But it doesn't have to. You Are Not Lazy, Crazy, Or Finished! The transition into menopause can take ten or more years, and be a wildly unpleasant ride at times. Challenging? Yes. But, girlfriends, don't let mid-life mooch your mojo. Instead, embrace this time as a wake-up call to win back your health and passion for life. Dr. Labbe's 9-step program offers powerful, science-based nutritional therapy and holistic lifestyle solutions to ease the mid-life transition, reclaim your mojo, and restore yourself to vibrant health." -- Amazon.com.

**Memory-Making Mom**-Jessica Smartt 2019-03-05 Be a different kind of mom. Break through the distractions and create lasting memories. What's the solution to gaining the balanced, meaningful life you desire with your family? Create traditions that bring joy and significance. Popular "Smarter Each Day" blogger and mom of three, Jessica Smartt explains why memory-making is the puzzle piece that today's families are longing for. She highlights ten tradition-gifts kids need most, including a rich resource of two hundred-plus unique traditions. She also offers practical encouragement to modern parents to keep on adventuring—even when they are fighting distractions, are on a budget, and exhausted.

**Medical Medium Life-Changing Foods**-Anthony William 2016-11-08 Anthony William, the Medical Medium, has helped tens of thousands of people heal from ailments that have been misdiagnosed or ineffectively treated—or that medical communities can't resolve. And he's done it all by listening to a divine voice that literally speaks into his ear, telling him what is at the root of people's pain or illness and what they need to do to be restored to health. In his first book, the New York Times bestseller *Medical Medium*, Anthony revealed how to treat dozens of illnesses with targeted healing regimens in which nutrition played a major role. *Medical Medium Life-Changing Foods* delves deeper into the healing power of over 50 fruits, vegetables, herbs and spices, and wild foods that can have an extraordinary effect on health. Anthony explains each food's properties, the symptoms and conditions it can help relieve or heal, and the emotional and spiritual benefits it brings. And for each food, he offers a delicious recipe to help you enjoy its maximum benefit, from sweet potatoes with braised cabbage stuffing to honey-coconut ice cream and chewy apricot bars. You'll discover: • Why wild blueberries are the "resurrection food," asparagus is the fountain of youth, and lemons can lift your spirits when you've had bad news • The best foods to eat if you have gallstones, hypertension, brain fog, thyroid issues, or migraines—plus hundreds more symptoms and conditions that may be holding you back • The particular healing powers of kiwis, cucumbers, cat's claw, coconut, and much more • Insight into cravings, how to use stress to your advantage, and the key role fruit plays in fertility Much of Anthony's information is dramatically different from the conventional wisdom of medical communities, and much of it has never appeared anywhere before. So don't expect to hear the same old food facts rehashed here. Instead, expect to get a whole new understanding of why oranges offer more than just vitamin C—and a powerful set of tools for healing from illness and keeping yourself and your loved ones safe and well.